

Abstract

Title: Awareness about nutritional supplements in sports swimming

Objectives: The aim of this bachelor thesis is to determine awareness about use of nutritional supplements in sports swimming. This work focuses on the differences in usage among men and women and also differences related to age. Further attention is paid to expert supervision of using supplements and its suitability for swimming. The thesis in general also examines the quality of food and level of swimmers eating plan.

Methods: In this work is used the method of online interviews with automatic evaluation of the results. The answers of respondents can be segmented to get context among the selected questions.

Results: Most of the respondents taking nutritional supplements and awareness of them is large, although their use is not in most cases professionally monitored and leads to inadvertently use especially at younger age. Practical part contains results of the investigation and the responses to each research questions. Respondents reported informations are compared with expert statements in the theoretical part. The opinion of the level and way of taking supplements by swimmers is spoken.

Key words: nutrition, nutritional supplements, eating plan, swimming